



Silver Spoons: Hemodialysis Cookbook

Dave Capper

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With the number of kidney failures drastically increasing and more people on dialysis than ever before, a well regulated diet is needed more than ever. If your kidneys fail, you will need to change your diet. At times, it is merely changing the way you prepare some of your favorite foods. Whether you are on dialysis or facing kidney problems in your life, a change in diet may prolong your kidney use and in many cases, your life.

It is estimated that in a few short years, there will be over a million people in the United States taking dialysis treatments. With the baby boomers coming of age and the number of new kidney dialysis patients beginning treatments, it will be a challenge for all of them to learn the best way to enjoy their lives with kidney failure.

This book gives much needed information and recipes that will help them adjust to those changes.

A dietitian should be available at the treatment center and they can review your blood test results with you on a regular basis and make recommendations on diet. Always listen to their advice. As your body changes, so shall your diet. In this book are some recipes that can help you maintain a healthier life.

Kidney failure was once fatal. Today, with the many advancements in the field of nephrology, and the work of the National Kidney Foundation, they have come a long way in prolonging lives.

Diet is one of the most important changes you will face. Make healthy choices and be open to change. Adjust your diet as your body's needs change and you may find life to be a lot more enjoyable.

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